

3-17-2018

Iowa State Daily (October 17, 2018)

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Iowa State freshmen Tyrese Haliburton, Zion Griffin, George Conditt IV, and Talen Horton-Tucker (left to right) pose at the 2018 Iowa State Basketball Media Day. With these new additions, the team is drastically different from the 2017-18 team.

A FRESH START

Young Cyclone team focuses on defense

BY AARON.MARNER
@iowastatedaily.com

When Iowa State takes the court next month to tip off the 2018-19 season, the lineup will look a lot different than it did when the Cyclones left the floor at the Sprint Center in Kansas City, Missouri, to end last season. Eight players appeared in that game for coach Steve Prohm, and four of them are off the roster now. That might not be a bad thing for Iowa State. The Cyclones finished dead last in the Big

12 a season ago, going 13-18 overall and 4-14 in conference play. Putting the past behind them shouldn't be too tough — most of the roster wasn't playing in those games last season. Six of the 12 eligible scholarship players this season didn't play a regular season minute for the Cyclones a year ago. Starting anew, however, brings plenty of challenges. While Prohm likes the offensive talent on the roster, the defense needs work after finishing 143rd in defensive efficiency a season ago, according to KenPom.

"I think that's part of the process," said assistant coach Daniyal Robinson. "We have a lot of guys coming back but we have a lot of new faces, like Mike [Jacobson] and Marial [Shayok] They practiced last year but it's different when we have to count on them. "I think we have some versatility defensively that we didn't have last year and I think we have an opportunity this year to get better each month. Last year, we were limited by injuries... so we kind of peaked and that was it." Those injuries also dealt a blow in practice.

>> DEFENSE Pg8

Iowa State faces fines from Big 12

BY TREVOR.HOLBROOK
@iowastatedaily.com

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Iowa State University President Wendy Wintersteen announced Iowa State's decision to appeal the fine on Tuesday. "Our institution takes the safety and welfare of all student-athletes, officials and fans very seriously. We have reviewed all of our procedures, including several videos of the post-game celebration, and we do not agree with Commissioner Bowlsby's assessment of the events that evening," Wintersteen said in a release. "Chief [Michael] Newton, of the Iowa State University Police Department, and the CSC staff had a very thorough and specific plan. Those plans were discussed and implemented prior to the game and were evaluated and adjusted during the game to ensure the safest atmosphere for every one attending the game, including the West Virginia players and staff." Fans failed to contain their enthusiasm after Iowa State upset then-No. 6 West Virginia on Saturday, 30-14.

The student section rearranged, congregating as closely as they could to the field while remaining in the stands. After the final play, fans rushed onto the field to celebrate with one another and the players. It's not the first time fans have stormed the field. After Iowa State's win over then-No. 4 Texas Christian University in 2017, fans rushed Jack Trice Stadium. Athletic Director Jamie Pollard noted this in a response to the fine and reprimand. "Our local law enforcement officers and the CSC security staff did an outstanding job keeping all the student-athletes, game officials and fans safe during the postgame celebration on Saturday," Pollard said in a release. "I have personally watched the video



Photo courtesy of Gettyimages

multiple times and I am confident the officers and security staff followed the procedures we had previously submitted to the Big 12 Conference office. It is also important to note the protocol and practice used Saturday night by our law enforcement officers was nearly identical to the protocols used last year during the field rush following our win over TCU."



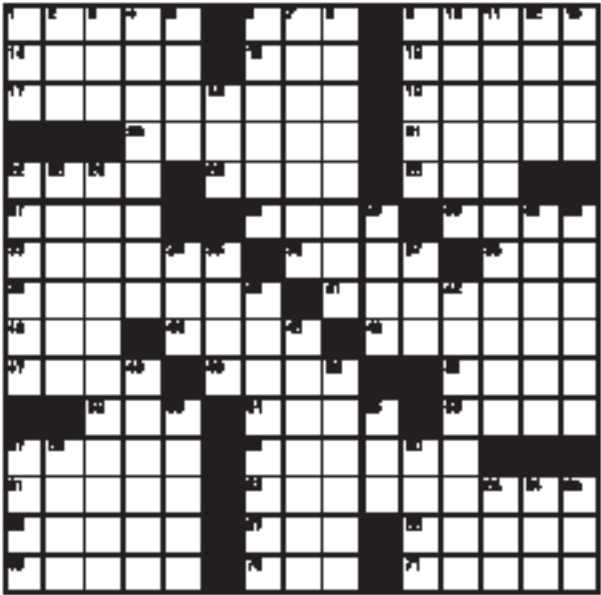
IOWA STATE DAILY
Members of the Faculty Senate Executive Board look at the Faculty Senate meeting on Jan. 16, 2018

Forum to be hosted on faculty experience

BY KAITLYN.HOOD
@iowastatedaily.com

A faculty experience work group will host an open forum for faculty to express issues of concern on campus. The faculty experience work group forum will take place in Room 198 of Parks Library from 4 to 5 p.m. on Wednesday. The forum will be led by President of the Faculty Senate, Peter Martin, and Senior Vice President and Provost, Jonathan Wickert. "[They expect to gather] ideas on how to address faculty climate issues in a positive way," said Rob Schweers, program director for the Office of the Senior Vice President and Provost. Faculty from all colleges and departments are encouraged to come and share their concerns with the work group. Schweers said the work group wants the widest range of experiences so they get the most diverse range of options on how to make improvements on campus. They need ideas from the faculty to have a discussion about what items they might need to address and which of the faculty's concerns are of top priority, he said. "Overall this is about enhancing the experience of faculty here at Iowa State," Schweers said. The work groups stem from President Wendy Wintersteen's initiative to look at campus climate issues in their respective areas. These four work groups consist of faculty, staff, undergraduate students and graduate professional students. Some of the issues faculty and staff experienced were outlined in the survey. For example, 21 percent, or 689 employee respondents, indicated they had observed hiring practices at Iowa State that they perceived to be unjust. Of those employee respondents who indicated they had observed discriminatory hiring at Iowa State, 28 percent, or 195 respondents, noted it was based on nepotism/cronyism, 25 percent, or 172 respondents, said it was based on gender identity and 21 percent, or 145 respondents, perceived unjust hiring practices based on ethnicity.

Crossword



- Across**
- 1. Ancient Egyptian pictograph, e.g.
 - 6. Game, __, match
 - 9. Signs
 - 14. Tiny South Pacific nation
 - 15. High-tech film effects, for short
 - 16. Spreading like wildfire, as online videos
 - 17. Place for a Hold 'em game
 - 19. Breathing
 - 20. Missouri tributary
 - 21. Approved of, on Facebook
 - 22. Golf club part
 - 25. Some evergreens
 - 26. Visualize
 - 27. Hindu royal
 - 28. Feels poorly
 - 30. Lith. and Ukr. were part of it
 - 33. Swear (to)
 - 36. See 38-Across
 - 38. With 36-Across, needy people

- 39. Located in that place, in legalese
 - 41. Arctic wastelands
 - 43. Slippery fish
 - 44. Baby bed
 - 46. Veterans Day tradition
 - 47. Trace amount
 - 49. Afternoon socials
 - 51. Garden locale
 - 52. __ de plume
 - 54. Onetime Russian monarch
 - 56. DUI-fighting gp.
 - 57. Social division
 - 59. Trojan War hero
 - 61. Some highway ramps
 - 62. Nabisco cookies ... and what you might cry upon solving this puzzle's three other longest answers?
 - 66. Long-extinct birds
 - 67. Assembly aid
 - 68. Open-mouthed
 - 69. Opposition
 - 70. Sloppy farm area
 - 71. Bedbugs, e.g.
- Down**
- 1. Treasury Dept. variable
 - 2. Mekong River language
 - 3. Relative of har
 - 4. Dressed more like an Exeter student
 - 5. Fling
 - 6. Nova __
 - 7. Self-serving activity
 - 8. Broadcaster's scheduling unit
 - 9. Racetracks
 - 10. Surroundings
 - 11. Officer Frank Poncherello
 - 12. Congregation area
 - 13. Snowy day toy
 - 18. U.K. flying squad
 - 22. Like Parmesan, commonly
 - 23. Newsman Dan
 - 24. Slogan seen on computer stickers
 - 29. Salad go-with
 - 31. Treelined
 - 32. Email again
 - 34. Wall Street watchdog org.
 - 35. Tangy
 - 37. Genetic info transmitter
 - 40. Dapper pins
 - 42. Equestrian competition
 - 45. Single or double, say
 - 48. Deepest part
 - 50. Rational state
 - 53. Complicated, as a breakup
 - 55. Sales staff member
 - 57. Give up, as territory
 - 58. Nervous system transmitter
 - 60. With all haste, in memos
 - 63. Owns
 - 64. Get off the fence
 - 65. Hoped-for answer to a certain proposal

POLICE BLOTTER

10.13.18 *cont.*

Emily Yvonne Hora, age 19, of 318 Pearson Ave, Ames, Iowa, was cited for possession of alcohol under the legal age.

Robert Joseph Colosimo Jr., age 18, of 770 Se Oak Leaf Lane , Waukee, Iowa, was cited for possession of alcohol under the legal age at Lot C5 (reported at 3:08 p.m.).

Emma Lynn Cochran, age 18, of 12094 Lincoln Ave, Clive, Iowa, was cited for possession of alcohol under the legal age.

Cade Michael Costlow, age 18, of 2684 Brookview Ln, Van Meter, Iowa, was cited for possession of alcohol under the legal age at Lot C5 (reported at 3:12 p.m.).

Jordan K Henry, age 19, of 412 Welch Ave Unit 205, Ames, Iowa, was cited for possession of alcohol under the legal age.

Brenden Trace Turner, age 18, of 205 Elm St, Lakeside, Iowa, was cited for possession of alcohol under the legal age at Lot C5 (reported at 3:24 p.m.).

Austin Curtis Lang, age 18, of 1549 1St Ave SW - Le Mars, Iowa, was cited for possession of alcohol under the legal age.

Alexander Kenneth Moses, age 18, of 301 Prairie Valley Ct, Elburn, IL, was cited for possession of alcohol under the legal age.

Shelby Jane Scheitler, age 19, of 40751 140th St, Remsen, Iowa, was cited for possession of alcohol under the legal age.

Ryan Edward Spina, age 19, of 3922 Twana Dr, Des Moines, Iowa, was cited for possession of alcohol under the legal age.

Ricardo Daniel Perez, age 19, of 316 Lynn Ave, Ames, Iowa, was cited for possession of alcohol under the legal age at Lot C5 (reported at 3:49 p.m.).

Tyler Andrew Marceau, age 19, of 2121 Sunset Dr, Ames, Iowa, was arrested and charged with public intoxication at Lot C5 (reported at 3:44 p.m.).

Benjamin David Thompson, age 19, of 4102 Unbridled Ave - Iowa City, Iowa, was arrested and charged with possession of alcohol under the legal age, interference with official acts, and public intoxication at 1732-2 S 4th St (reported at 4:06 p.m.).

Sudoku *by the Mephram Group*

		8	2		1	7		9
					9	6	4	2
		5		7			6	8
				4				
1	9			6		3		
5	7	4	3					
2		9	5		4	8		

LEVEL:

- 1
- 2
- 3
- 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

FEATURE PHOTO



JORDYN DUBOIS/ IOWA STATE DAILY

IOWA STATE DAILY BUSINESS DIRECTORY

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IOWA STATE DAILY

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Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Fall & Spring sessions:
The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
The Iowa State Daily is published digitally on a daily basis.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.

Subscription costs:
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

Postmaster:

(USPS 796-870)

Send address changes to:
Iowa State Daily
2420 Lincoln Way, Suite 205
Ames, Iowa 50014

PERIODICALS POSTAGE



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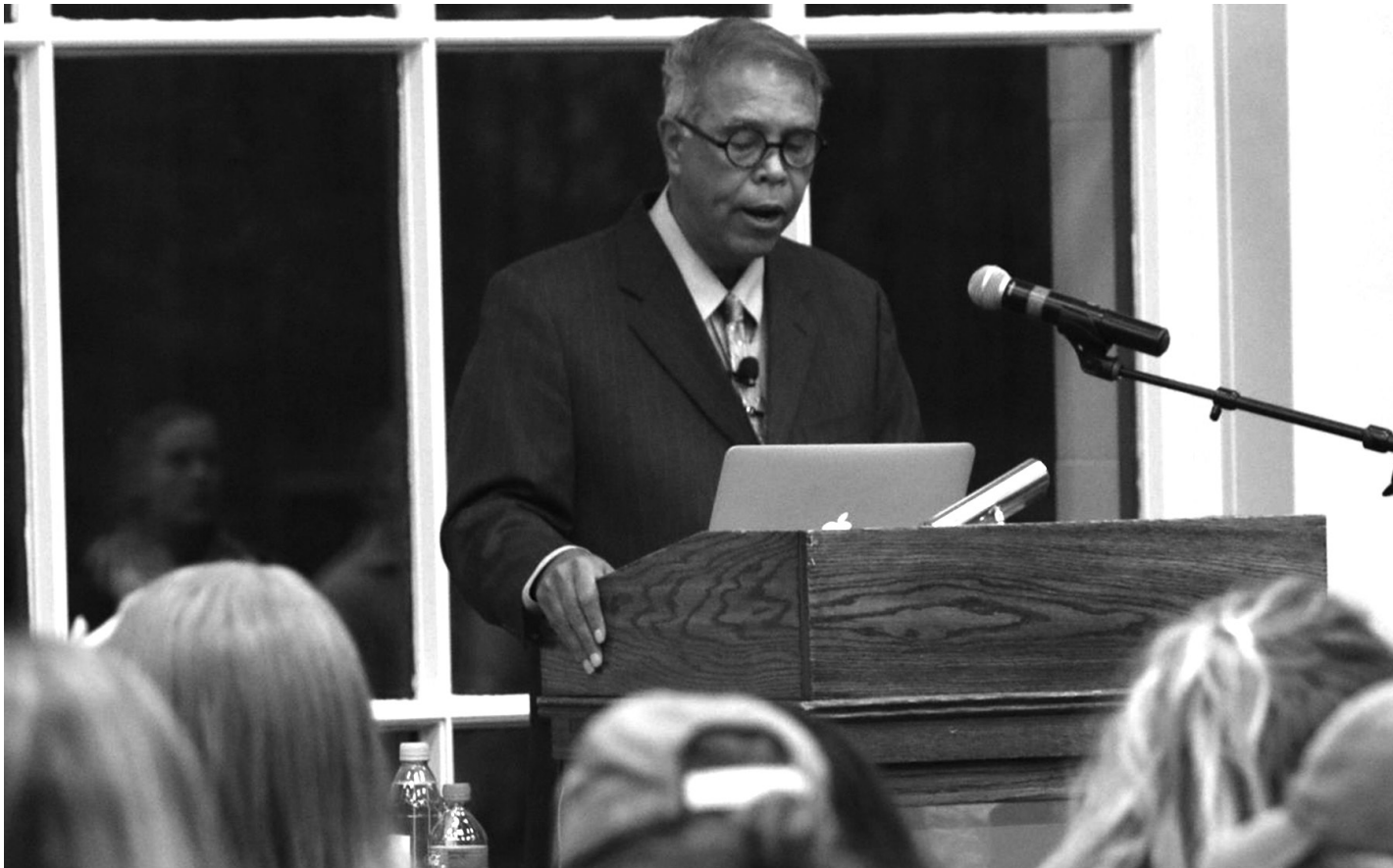
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Iquas pratis et es qui cusdantemqui
quam, auda dolumqui ut et od

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BY KAITLYN.HOOD
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MEGAN PETZOLD/ IOWA STATE DAILY

Hector Avalos, professor of religious studies, presented insight related to the Bible's events versus archaeological finds on Monday night.

LECTURE

Professor argues archaeology killed religion

BY MEG.GRICE
@iowastatedaily.com

Using the information provided by buried treasures from the past, the answers once thought to be true regarding the Bible's historical accuracy may not be so after all.

Hector Avalos, a professor of religious studies, gave insight into the Bible's events versus archaeological finds Monday at 6:30 p.m. in the Campanile Room of the Memorial Union.

"The bible is a product of cultures whose values, beliefs, [origin, nature] and purpose of our world are no longer held to be relevant by most Christians and Jews ... the bible [is] irrelevant," Avalos said.

Avalos quoted a 2005 Gallup Poll, "fewer than half of Americans can name the first book

of the Bible."

Avalos additionally referenced a 2006 Baylor University study, explaining how a large percentage of Christians never read scripture, "... how is the Bible relevant if a third of Catholics don't read scripture and if 21 percent of Protestants don't read scripture."

Referencing Dr. Michael Coogan, Avalos noted how even Christians are unsure of its accuracy or relevance.

Archeologist William G. Dever, however, does "fight for what little is left" of the historical context, Avalos said.

Avalos said the rise of science, the rise of university trained biblical scholars and new discoveries in the East have led this change in relevancy and eliminated what was previously thought to be true.

Avalos also pointed to other areas of biblical history which archaeology is starting to impact.

"There are no proven remains of buildings ascribed to David or Solomon," Avalos said.

Also figuring into this are mason marks, included on a palace built in the 9th century. Avalos said these do not hold true with Solomon's attributed time period.

"How can they be from the 10th century if they're very similar to those from the 9th," Avalos said.

Finally, when speaking about Jesus, Avalos said, "Jesus was a failed revolutionary. There is no new data about Jesus from Jesus' time."

Concluding the lecture, Avalos said "... less than 1 percent of the Bible can be independently corroborated historically or archaeologically."



WILLA COLVILLE/ ISD
Sen. Sam Freestone speaks during a Student Government meeting on Aug. 29.

Senate to debate debt contract procedure

BY MADELYN.OSTENDORF
@iowastatedaily.com

Empowering the women of the ROTC is one of the agenda items for the Student Government meeting on Wednesday.

The Peterson Squadron, a group of students devoted to advocating for aerospace power, is requesting \$71.36 to honor female aviators in the armory's display cases, as all the aviators currently honored in the display are male.

The Senate will also discuss funding for the Racquetball Club, the Hockey Pep band and the Multicultural Greek Council. They will also be voting on three bills focused on student debt contracts, cigarettes on Iowa State Campus and imposing a time limit of executive committee reports, as well as hearing a proclamation written and presented by the North Polk Middle School student council.

The first bill will be amending the practice of student organization debt contracts. The original practice allowed the Senate to fund up to half of the organization's debt every time they submitted a request and the new amendment would allow the Senate to fund up to \$2,000 of their debt.

The Senate will be voting on a bill aimed at regulating the use of cigarettes on campus. The resolution recommends that the university and law enforcement take action to enforce the current policy and asks the Student Government Green Fund to organize signage around problem areas to discourage smoking. Upon the passing of the resolution, Student Government will be organizing a cleanup event to pick up cigarette butts and additional trash.

The final bill will limit the time allotted to committee reports and comments from the executive branch. Committees and the executive branch will be limited to no more than five minutes to ensure the meetings can proceed in a timely manner.

The Senate will also be voting on three additional funding requests.

The Racquetball Club is asking for \$1,513.32 to help them attend their first tournament on Nov. 3. The funding would be used to pay for registration fees, lodging and transportation for the 15 students attending the tournament.

The Hockey Pep band is seeking \$4,700 in funding to help decrease the costs of instrument rentals for students playing in the band. The Hockey Pep band is not affiliated with the music department, so students must rent their instruments from off campus, which can be expensive.

Ivy College of Business inspires high school students



JORDYN DUBOIS/ IOWA STATE DAILY
Miriam De Dios Woodward, CEO of PolicyWorks, spoke at the Young Women in Business conference on Tuesday.

BY JARED.COADY
@iowastatedaily.com

Around 200 high school students from across Iowa gathered in the Memorial Union on Wednesday as part of Iowa State's Ivy College of Business's annual Young Women in Business conference.

The conference is designed to encourage young women to explore majors and careers within the business world through guest speakers and breakout sessions.

Faculty chair of the event and Ivy College of Business professor Jennifer Kreiser hopes the conference continues to show career options within business to younger students.

"I hope that [students] learn how many opportunities are available with business and that they get an idea that business

is not just sitting behind a desk and working on a computer all day," Kreiser said.

Miriam De Dios Woodward, Iowa State alumna, was one of the speakers at the event.

De Dios Woodward graduated with a bachelor's degree in both marketing and management from Iowa State and later graduated from the University of Iowa with a master of business administration degree.

Today, De Dios Woodward is CEO of PolicyWorks, as well as senior vice president of Affiliates Management Company. She also serves on the Board of Trustees for Grand View University and as a board director for the Food Bank of Iowa.

Woodward said as a child, she never saw businesswomen in the media.

"I always looked for a woman

in a suit on TV, and I don't remember any that I could really look up to," Woodward said. "Specifically women of hispanic heritage like myself, that was probably out of the question."

Speaking of her success post graduation, Woodward stressed the importance of seeing the bigger picture and helping others along the way.

"A company can grow and be successful by helping its partners, its customers and its communities be successful," Woodward said.

Among the students attending the event was Kyrie Schut, senior from Ankeny High School.

"I'm hoping to narrow my major down to something more specific and I am excited to see all the opportunities here," Schut said.



KENNEDY DERAEDT/ IOWA STATE DAILY
Ericka Hart, activist, cancer survivor and sexuality educator, gave a lecture, “Where are all the black people?” on Oct. 16 at 7 p.m. in the Great Hall. At the lecture on Tuesday, Hart spoke on her experience as a sexual assault survivor.

‘Where are all the black people?’

Breast cancer survivor, sexual educator discusses representation

BY MACY.OTT
@iowastatedaily.com

Ericka Hart, a breast cancer survivor and sexual educator, came to Iowa State on Tuesday to deliver messages on diversity, inclusion and how the adversity she faced affected her life.

In her lecture titled, “Where are all the black people?” Hart said she chose its name because of how often she has had to ask this question in her life.

Hart started her lecture with audience participation, instructing everyone in the audience to pair up and look in each other’s eyes for five minutes in silence. Hart instructed the audience to reflect on why they are feeling the way they are feeling, why they might want to look away, what they think the other persons day was like and more self-reflective instruction.

“One way you can create community is to notice the people around you. Sometimes this looks like just being present and acknowledging each other without saying anything,”

Hart said.

Hart drew from her life experiences to tell students where she has seen racism in her life, but also where she has seen privilege. Hart started by outlining the different privileges she can find in her life, such as being a part of an upper-middle class family, having a masters degree and privileges she has a woman.

Hart then discussed details of sexual abuse she experienced as a young child from a neighbor. Hart said she kept the details of her sexual abuse to herself for an upward of 20 years.

As a teenager, Hart’s mother was diagnosed with breast cancer. This diagnosis came as a shock because she had never seen anyone who looked like her mom did when she was sick. Her mother passed away soon after.

Hart attended college in Florida, where she went to a predominantly white institution, which she said is something that is not talked about enough.

“It’s not a coincidence that Iowa State is a predominantly white college,” Hart said. “We have to acknowledge dark spots in history.”

After her senior year of college, Hart joined

the Peace Corps and educated people in Africa on HIV/AIDS. She said her time in Africa was eye-opening for her.

“For the first time in my life, I looked like I belonged,” Hart said.

At the age of 28, after moving to New York City, Hart received a call from her doctor, telling her she had been diagnosed with breast cancer. After she found out, she asked her doctor what breast scars after a mastectomy would look like on a woman with black skin. Hart’s doctor had no pictures and it took her two weeks for her to find an example.

“If we’re not represented in breast cancer advocacy, why would we go get tested?” Hart said.

At the close of her lecture, Hart outlined what she hopes students take away from her story.

“Don’t let it be just black folks asking and wondering: where all of the black people?,” Hart said. “You are either an ally, an accomplice or more focused on being labeled something than ending racism. What can white people do? Give up power. We got work to do.”

Event to celebrate the work of LGBTQIA+ scientists

BY LOGAN.METZGER
@iowastatedaily.com

Look at the stars Thursday night at the Stellar Queer Science event, an event co-hosted between oSTEMM+ and the Pride Alliance, two LGBTQIA+ student organizations on campus.

The event will be held in B54 Physics Hall from 6 to 7 p.m. Thursday night. It is an

RSVP-only event with about thirty seats available. To RSVP, go to the ISU oSTEM facebook page and use the link.

“Learn about the night sky, the solar system and cosmos around us, and do it with Pride while celebrating the invaluable work of the queer scientists who came before us,” according to the oSTEM Facebook page.

The oSTEM Facebook page

also stated that there will be an overflow space with card and board games for those who do not get seats in the main event.

“This event is important because it is raising awareness of and showing that people with queer identities have been making contributions. That [people with queer identities making contributions] is not suddenly just a thing,” said Trinity Dearborn,

junior in Women’s and Gender studies and vice president of Pride Alliance.

“People with queer identities have been around as long as humanity has been around and I think its really cool for people to learn about and see the history,” Dearborn said.

Dearborn said the event is open to anyone interested in LGBTQIA+ history.

Project Nuture aims to start conversations on wellness, body positivity

BY ADOLFO.ESPITIA
@iowastatedaily.com

It’s no secret that college students struggle with health and body image. With the explosion of social media, bombarding messages of the “ideal” body can be found across all platforms, potentially leading to unhealthy habits.

One example lies within the Greek community. Peer wellness educators were contacted because of an alleged weight loss competition at a sorority. Whoever lost the most amount of weight by spring break would be the winner, said Kenneth Echevarria, a peer wellness educator and junior in pre-diet and exercise.

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Project Nuture is a two-day workshop that teaches health at every size and intuitive eating philosophies.

Originally developed by two peer-wellness educators, the idea began as a body-love workshop. The workshop was changed to Project Nuture, incorporating more hands-on experience, said Lisa Nolting, student wellness dietician at Iowa State.

Health at every size challenges the belief that weight is a determinant of health. Intuitive eating takes the power away from food and gives it back to the individual and their appetite. This doesn’t mean labelling food as “good” or “bad,” Nolting said.

“There are no good and bad foods, there is no moral value with food, it’s just food,” Nolting said.

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Project Nuture is led by two students in the peer wellness program, Echevarria and Loo-Yee Wong, a senior in dietetics. Both students hope the message of body positivity will spread through the presentation.

“Society created an expectation for people to have a certain body size,” Wong said. “We are not promoting that, no matter what size you are you can still be healthy.”

“We’re keeping in mind the culture of college. We’re always on the go,” Echevarria said. “This age group pays more attention to society and the trends that go on.”

Students can expect to have discussions about health at every size, relating it back to their lives. Part of the workshop is turning around negative body image issues by using more loving language.

“Body image is a shadowed problem, not a lot of people talk about it or notice it,” Echevarria said.

Another aspect of Project Nuture is movement and finding an enjoyable physical activity. In the last workshop, students got to enjoy a session of yoga, proving that exercise does not have to mean spending hours at the gym and feeling burned out. Exercise can be simple like walking, playing a sport or even gardening.

Students interested can expect another two-day workshop on Nov.13 and 15 from 6 to 8 p.m.

FALL PHOTOS



ALEX CONNOR/ IOWA STATE DAILY

Students walk to and from their afternoon classes on Monday, Oct. 8 during a rainy day at Iowa State near Lake LaVerne. There was an anticipated break in the rain on Thursday.



CHRIS JORGENSEN/ IOWA STATE DAILY

The trees in front of the Memorial Union are slowly changing to shades of orange, yellow and red as fall is in full swing in Ames.

>> DEFENSE Pg1

Iowa State rarely practiced with a full team last year, often running 3-on-3 drills or breaking into position groups.

With just 12 players on the roster, Iowa State couldn't handle injuries last season.

Now, with four freshmen and two transfers eligible after sitting out a year, being able to practice 5-on-5 has been critical.

"This year having five and being able to go and have confidence — we've got 10 guys or more that actually compete for a spot — it's good," said senior guard Nick Weiler-Babb.

Defensively, Prohm has talked about the importance of being able to switch on ball screens.

The majority of Big 12 offenses are led by perimeter scorers, whether they're guards — like Kansas' Lagerald Vick — or forwards, like Kansas State's Dean Wade (who stands at 6-foot-10 but hit 44 percent of his 3-pointers last season).

To combat that, having tall, athletic wings can make or break a defense. Talen Horton-Tucker, Zion Griffin, Tyrese Haliburton and Shayok are all new additions to the team this season and all four are perimeter players at

6-foot-4 or above.

However, that means mixing and matching players who could be in a role they're not used to playing.

"We don't necessarily play true position basketball," Haliburton said. "When we play small it's really just four guards out and whoever gets the rebound plays the one, really. I don't really think too much about positions and things like that."

Playing "small ball" with four guards and just one forward — as opposed to a more traditional two-guard or three-guard lineup — could change lineups drastically for Iowa State. It would allow more minutes for some of the newcomers while also forcing other teams to adapt to what the Cyclones are doing.

Prohm said the freshmen will earn minutes by playing defense.

Having positional versatility could be the difference between fighting for a starting spot and spending 40 minutes on the bench.

"It's gonna be hard to guard us if we go small," Horton-Tucker said. "It's gonna be crazy. Four guards is very versatile offensively."

"I think we have some versatility defensively that we didn't have last year and I think we have an opportunity this year to get better each month."

-Daniyal Robinson, assistant coach



KENNEDY DERAEDT/ IOWA STATE DAILY
Ericka Hart, activist, cancer survivor and sexuality educator, gave her lecture, “Where are all the black people?” on Oct. 16 at 7 p.m. in the Great Hall. At the lecture on Tuesday, Hart spoke on her experience as a sexual assault survivor.

Lecturer: ‘We got work to do’

Breast cancer survivor, sexual educator discusses representation

BY MACY.OTT
@iowastatedaily.com

Ericka Hart, a breast cancer survivor and sexual educator, came to Iowa State on Tuesday to deliver messages on diversity, inclusion and how the adversity she faced affected her life.

In her lecture titled, “Where are all the black people?” Hart said she chose its name because of how often she has had to ask this question in her life.

Hart started her lecture with audience participation, instructing everyone in the audience to pair up and look in each other’s eyes for five minutes in silence. Hart instructed the audience to reflect on why they are feeling the way they are feeling, why they might want to look away, what they think the other persons day was like and more self-reflective instruction.

“One way you can create community is to notice the people around you. Sometimes this looks like just being present and acknowledging each other without saying anything,”

Hart said.

Hart drew from her life experiences to tell students where she has seen racism in her life, but also where she has seen privilege. Hart started by outlining the different privileges she can find in her life, such as being a part of an upper-middle class family, having a master’s degree and privileges she has as a woman.

Hart then discussed details of sexual abuse she experienced as a young child from a neighbor. Hart said she kept the details of her sexual abuse to herself for an upward of 20 years.

As a teenager, Hart’s mother was diagnosed with breast cancer. This diagnosis came as a shock because she had never seen anyone who looked like her mom did when she was sick. Her mother passed away soon after.

Hart attended college in Florida, where she went to a predominantly white institution, which she said is something that is not talked about enough.

“It’s not a coincidence that Iowa State is a predominantly white college,” Hart said. “We have to acknowledge dark spots in history.”

After her senior year of college, Hart joined

the Peace Corps and educated people in Africa on HIV/AIDS. She said her time in Africa was eye-opening for her.

“For the first time in my life, I looked like I belonged,” Hart said.

At the age of 28, after moving to New York City, Hart received a call from her doctor, telling her she had been diagnosed with breast cancer. After she found out, she asked her doctor what breast scars after a mastectomy would look like on a woman with black skin. Hart’s doctor had no pictures and it took her two weeks for her to find an example.

“If we’re not represented in breast cancer advocacy, why would we go get tested?” Hart said.

At the close of her lecture, Hart outlined what she hopes students take away from her story.

“Don’t let it be just black folks asking and wondering: where all of the black people?,” Hart said. “You are either an ally, an accomplice or more focused on being labeled something than ending racism. What can white people do? Give up power. We got work to do.”

Project Nuture aims to start conversations on wellness, body positivity

BY ADOLFO.ESPITIA
@iowastatedaily.com

With the explosion of social media, bombarding messages of the “ideal” body can be found across all platforms, potentially leading to unhealthy habits within college students.

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Event to celebrate the work of LGBTQIA+ scientists

BY LOGAN.METZGER
@iowastatedaily.com

Look at the stars Thursday night at the Stellar Queer Science event, an event co-hosted between oSTEMM+ and the Pride Alliance, two LGBTQIA+ student organizations on campus.

The event will be held in B54 Physics Hall from 6 to 7 p.m. Thursday night. It is an

RSVP-only event with about thirty seats available. To RSVP, go to the ISU oSTEM facebook page and use the link.

“Learn about the night sky, the solar system and cosmos around us, and do it with Pride while celebrating the invaluable work of the queer scientists who came before us,” according to the oSTEM Facebook page.

The oSTEM Facebook page

also stated that there will be an overflow space with card and board games for those who do not get seats in the main event.

“This event is important because it is raising awareness of and showing that people with queer identities have been making contributions. That [people with queer identities making contributions] is not suddenly just a thing,” said Trinity Dearborn,

junior in Women’s and Gender studies and vice president of Pride Alliance.

“People with queer identities have been around as long as humanity has been around and I think its really cool for people to learn about and see the history,” Dearborn said.

Dearborn said the event is open to anyone interested in LGBTQIA+ history.

COLUMN



COURTESY OF KEN STURM/USFWS

Two species of turtles living in Iowa differ from other turtles because they have soft shells which provide mores felxibility and other advantages.

Softshell turtles break the mold

BY ARSTILLS
@iowastatedaily.com

When we think of turtles, we all probably picture the same thing. We might think of the cute green or brown hard-shelled little animal that slowly walks across the ground. That is the accurate picture for most turtles in the world, including the ones we have living in Iowa.

But there is also a turtle species that does not quite fit that mold.

With an appearance that has been compared to a pancake, the softshell turtle steers away from the average turtle look because of their flat, soft shell as well as their elongated nose and neck.

Although all those things seem strange, they help the turtles thrive in their habitats. The soft and flattened shells allow for increased flexibility for the turtles. This helps with doing things such as burying themselves down in the mud or sand underwater where they sleep.

Their elongated noses comes into play with their sleeping

location also. This is because while they are buried they like to keep their noses out of water so they can still breathe. Elongation of the neck also helps with swimming because they can couple the long neck with their extended nose and be able to keep their body fully submerged while still breathing air. Basically, softshell turtles have developed their own homegrown snorkel.

There are two different species of softshell turtles here in Iowa – the spiny softshell turtle and the smooth softshell turtle. These two are similar in the most basic ways of living, including how much they grow. The females’ shell will grow to about 17 inches while the males’ will only reach half that. After that, you can start to see the differences they possess.

The first one is the easiest way to identify between the two, color. For males, the spiny softshell turtle will be greenish or yellowish while the smooth softshell turtles will be more brown. However, both males will also have small dots and stripes of dark color on their shells.

The females are harder to identify just off of color because for both species they are much blander and darker with bigger

blotches of dark color. This leads to another way to identify them, the texture of their shells. I could explain it quickly by saying it is no coincidence how these turtles got their names. The smooth softshell turtle will obviously have a very smooth shell, while the spiny softshell turtle has a shell that feels like sandpaper. Some females may feel more on the smooth side except in the front of their shells, where it is noticeably more rough.

Neither of the species of softshell turtles here in Iowa are endangered. They are actually even legal to take and harvest with a valid fishing license.

That being said, it is still important if you are trying to catch them to be cautious depending on which kind you catch. These two species are very different when it comes to personality, again corresponding to their names. The smooth softshell turtle will remain very passive if picked up while the spiny softshell turtle will scratch and bite you as much as it can.

So if you’re not using that fishing license, it is always best to simply leave them alone and observe them in their habitat, even if they look like a weird turtle pancake.

EDITORIAL

During midterms, prioritize yourself over academics

Stay healthy, Cyclones.

With midterms in the rearview, many are already looking toward class registration for the spring semester, fall break or even finals week.

Outside of tests and academics, many students are starting the search for internships or full-time jobs which can be time-consuming and draining in addition to one’s regular schedule.

Despite all of this, it is important to take time for yourself and prioritize your well-being even if your schedule, academics and life may feel overwhelming.

By eating healthy, getting enough sleep and taking time to relax, you will be more engaged and productive when needed instead of being constantly tired and fighting off sleep.

In an effort to encourage health and wellness both physically, mentally and academically, here is a list of campus resources to ensure that you are taking care of yourself:

HEALTH:

Student Counseling Services: Whether individual or group therapy, Student

Counseling Services uses a short-term therapy model. Other services offered include crisis intervention, career counseling and couples counseling.

Let’s Talk: A free service, Let’s Talk is a counseling center outreach program “designed to engage students who would not otherwise come to counseling due to stigma or other barriers by providing informal walk-in consultations outside of the counseling center on campus.”

Thielen Student Health Center: Whether allergy injections, flu vaccinations, immunizations, orthopedic care, physical therapy, sexual health or general wellness, the Thielen Student Health Center is staffed with physicians, registered nurse practitioners and trained health-care professionals to assist in your health-care needs.

To make an appointment, call (515) 294-5801.

Recreation Services: With six locations across campus, recreation services offers multiple opportunities and spaces for students to get involved and stay active for the betterment of their health. Whether joining an intramural sport or attending

a free fitness class, exercise can be an easy stress reliever.

ACADEMIC:

Academic Success Center: Offering academic coaching, supplemental instruction and tutoring services, the Academic Success Center can help students “develop skills that promote success, practice leadership and become self-directed learner.”

Writing and Media Center: The Writing and Media Center can help students develop their writing and communication skills in a one-on-one learning environment. The Writing and Media Center can assist in essays, cover letters, scholarship applications and speeches at any point in the writing process including brainstorming, outlining, polishing and revising.

OTHER STUDENT SERVICES:

- Dean of Students Office
- Learning Communities
- Multicultural Student Affairs
- Student Accessibility Services
- Student Counseling Service
- Student Support Services

Editorial Board
Alex Connor, editor-in-chief
Megan Petzold, opinion editor
Sandeep Stanley, columnist
Max Goldberg, student
Seth Pierce, student

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

Feedback policy:

The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

NOTEBOOK

Make or break weekend lies ahead

BY SAM.STUVE
@iowastatedaily.com

Following a 2-0 loss to the No. 18 (at the time) West Virginia Mountaineers, the Iowa State Cyclones are preparing for the final stretch of games this season with hopes of qualifying for the Big 12 tournament.

Hannah Cade returns to the lineup

After suffering a foot injury against the University of Missouri-Kansas City Kangaroos on Sept. 14, junior mid-fielder Hannah Cade’s season was thought to be over. However, her injury wasn’t as severe as the doctor initially expected, and she made her return to action against the West Virginia Mountaineers.

Cade had a first-degree foot sprain. If she had a second-degree foot sprain, she would’ve had to have surgery and she likely would have been done for the season.

“I’m feeling a lot better,” Cade said. “I’m excited that it wasn’t anything worse than what it was.”

Cade’s return to the lineup could pay dividends going forward, as she had been one of the better starters for the Cyclones early in the season.

“It’s awesome to have her back,” said Marin Daniel, redshirt sophomore defender. “She always brings that energy and she’s a really good player.”

2019 recruiting class will add much-needed depth

The Cyclones’ recruiting class features five defenders, three midfielders and one forward, which will make the Cyclones a much deeper team in the years to come.

The class of 2019 visited Ames recently for their official visit weekend.

“The class is super athletic, really fast and have a lot of height,” said Iowa State coach Tony Minatta. “There are at least five players for the 5-foot-8 to 5-foot-11 range.”

With the Cyclones playing in 11 games decided by one goal or in a tie this season, the Cyclones have added some recruits in the class of 2019 that have won a lot of games in their youth career.

“They all come from really good backgrounds soccer-wise, they’re winners, and it’s going to add a lot of depth to the team, and we’ll be able to overcome injuries better than we were this season,” Minatta said.



WILLIAM SIBILSKI/ IOWA STATE DAILY

Hannah Cade looking for a teammate to pass to before Milwaukee players start to pressure her during the Iowa State soccer game against the Milwaukee Panthers on Sept. 9.

Cyclones preparing for important weekend

The Cyclones must win at least two of their final three games in order to stay in contention for qualification in the Big 12 tournament. Only the top eight teams qualify for the Big 12 tournament. The Cyclones currently stand at ninth in the Big 12 and are two games behind the Oklahoma Sooners and the Oklahoma State Cowgirls, who are both tied for seventh out of 10 teams in the Big 12.

For the Cyclones to finish eighth or better in the Big 12, they

must win one or both of their games this weekend and then beat the Kansas State Wildcats on Oct. 25. The Cyclones travel to Norman, Oklahoma, on Friday night to face the Oklahoma Sooners and to Stillwater, Oklahoma, to face Oklahoma State.

With only three games remaining this season, the Cyclones know time is running out and what needs to be done in order to make the Big 12 tournament.

“Going into this weekend, they know that they control their own destiny and they know what they have to do,” Minatta said.

NOTEBOOK

Iowa State volleyball talks recent winning streak, offense

BY SPENCER SUCKOW
@iowastatedaily.com

Members of the Iowa State volleyball team met with the media after practice Tuesday. Here are some highlights from the interviews.

Offensive explosion

Inconsistencies with its attack has been a recurring problem for Iowa State throughout much of the season.

These issues came to a head at the beginning of conference play, specifically during a three-game stretch against Baylor, Texas Tech and Oklahoma. In those three games, Iowa State averaged a hitting percentage of .193 percent.

Over the last three games, however, Iowa State is hitting at .340 percent clip. Not by coincidence, the Cyclones are 2-1 in those matches, with the lone loss coming to then-No. 4 Texas. Coach Christy Johnson-Lynch credits the all-around improvement of the team for the uptick in offensive efficiency.

“We’ve gotten a lot better the last three matches, especially offensively,” she said. “Usually, you don’t see that this time of year. And it’s a lot of things, our setting has gotten better, ball control has gotten better.”

Additionally, Johnson-Lynch noted the Cyclones seem to be playing a lot more free and less tense over the past three matches, which has contributed to much fewer attack and service errors.

Johnson-Lynch also credited outside hitters Josie Herbst and Eleanor Holthaus for their roles in the offensive turnaround, saying that their ability to score has been crucial in opening up opportunities for teammates as opponents turn their attention to them.

Herbst said an emphasis on communication and hitting efficiently has been the primary reason for the recent success of the two.

“Me and El probably just keep talking to the team,” Herbst said. “We try to do that as much as possible.”

Keeping things grounded

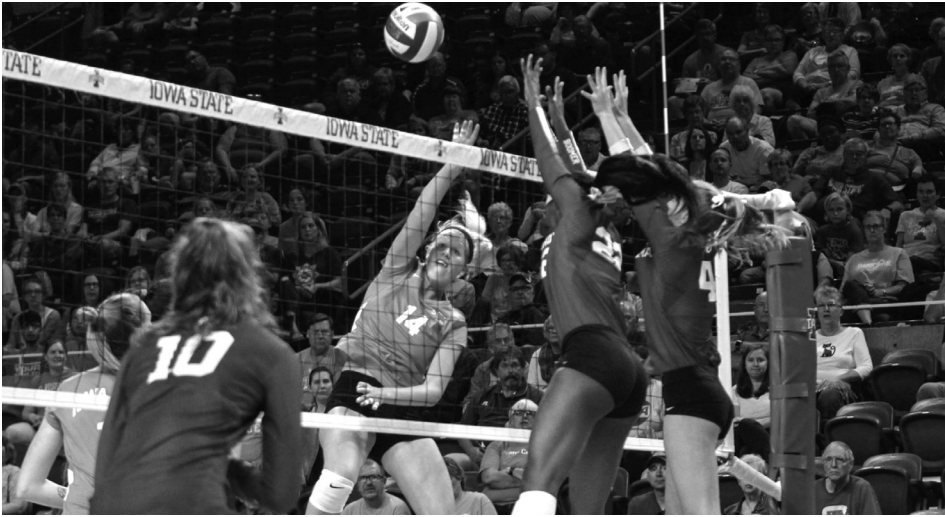
Even with two straight wins and three straight solid performances, Iowa State’s still has its fair share of issues to solve.

That’s why the team isn’t getting too high on itself despite the recent upswing in play. As a whole, the Cyclones know they still have a lot of ground to make up in the Big 12 Conference, and the solid play of late won’t last if they don’t continue to work hard.

“We don’t have any room to just not really stay focused,” Johnson-Lynch said. “Our focus right now is just to get a little bit better, control what we can control, and that’s our work ethic and effort.”

Specifically, Johnson-Lynch wants to focus on continuing to do the small things, which she says is the primary reason Iowa State pulled itself out of its funk in the first place.

“We’ve tried to throw in a bunch of little



SARAH HENRY/ IOWA STATE DAILY

Senior Jess Schaben spikes against Oklahoma during the Cyclones’ match against the Sooners on Oct. 3 at the Hilton Coliseum. The Cyclones lost 3-1.

things to help us become more competitive and get used to a faster pace,” Johnson-Lynch said. “And I think those things have helped.”

Lazard stepping up

Last week, players mentioned in interviews that senior middle blocker Grace Lazard has been instrumental in the team’s turnaround, thanks largely to her play and vocal leadership.

Lazard’s play has certainly taken a noticeable jump this year. Defensively, she’s maintained her blocks/set rate from last year while more than doubling her digs/set (0.31 to .073).

She’s also improved in terms of her offensive

efficiency, bringing her hitting percentage from .279 percent last year to .332 percent in 2018. Combined with her increased leadership role, the argument can be made Lazard might be one of the most important players on Iowa State’s roster.

Lazard said it was important for her, as a senior, to take on a leadership role with Iowa State going through a rough stretch, in order set the tone for the rest of the team.

“It’s easy to give up or disengage right when we’re losing, but it’s just about not giving up and setting an example for others on the team,” Lazard said. “I think it’s just important to have people on the team who are vocally engaged at all times.”

Tuition: Students demand change

Students advocated for free college for all in nationwide march

BY WHITNEY.MASON & PAUL.ATTEMA
@iowastatedaily.com

Walking in a circular rotation below the skywalk that connects Howe Hall and Hoover Hall, about 75 protesters wanted their voices heard.

This event was organized by the Young Democratic Socialists of America and Student Action. At least 14 similar events were hosted on campuses across the country.

From Howe Hall, down Bissell Road and partially down Osborn Drive, the march attracted many onlookers who stopped to watch protesters or even take out their phones and record the march.

“We are standing in solidarity for free college for all,” said Javier Miranda, a former Iowa State student.

Miranda said during his time at Iowa State, he knew the process to obtain his degree was becoming too intense for him. Coming into college, Miranda said his friends that came to school with him had eventually dropped out and realized he was the only one left.

Eventually to help process, Miranda changed his major in hopes of alleviating some stresses.

“In a school of 36,000, I felt really alone,” Miranda said. “I ended up failing out of school.”

According to Student Action, the protest was to demand free public higher education for all.

While marching, students were chanting some of the demands including free public education, a call for a tuition freeze and asking for three members of the Board of Regents to resign from their positions.

The three Board of Regents board members have ties to private student loans, according to the students.

“By our tuition raising, they are benefiting from [students] taking out more loans,” said Paige Oamek, a student from Grinnell College who traveled to Ames for the protest.

The reasoning behind their location for their protest was due to the current construction site of the Student Innovation Center, which is slated to be built in 2020.

“It’s an 84 million dollar project of which 40 million dollars of it is a state appropriated money,” said Katie Sinn, senior in software engineering.

“They decided to fund this big construction project on campus,” Sinn said. “The money is there; it’s just not being prioritized for students.”

Rob Schweers, director of communications in the office of the senior vice president and provost office, reached out to



CAITLIN YAMADA/ IOWA STATE DAILY

The Iowa Student Action Group protested tuition and student debt with chants and signs on campus on Monday.

the Iowa State Daily to provide information of the funding of the Student Innovation Center.

“It is important for readers to know that tuition increases are not financing construction of the Student Innovation Center. The Center is being financed through the combination of state investment (\$40 million, approved in 2015), and philanthropic gifts (\$44 million),” Schweers said in an email.

Miranda’s graduate student friends said they are not given funding to conduct research because they are told there is not money to be made through the research, Miranda said.

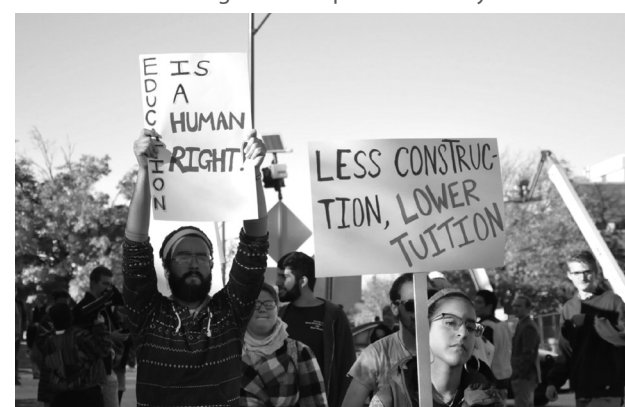
“This plan of all this money to attract private donors, when they don’t need to be attracting private donors, they could fully fund higher education,” Miranda said. “We could have tuition covered, several years of residency could be covered, [and] we could have major public funding for research.”

Oamek said the fight for free education will be a fight for all people, not just Iowa students.

With Grinnell College’s student chapter being around longer, Oamek said they were able to help offer resources to Iowa State when starting up the protest.

“Grinnell’s organizing on campus is alive and well,” Oamek said. “Making those connections across the state is a first for us and also that’s why this action is important showing solidarity from all students in the state.”

Klarissa Gonzalez, sophomore in aerospace engineering, could relate with other protesters. Gonzalez said that she and her family struggle to pay for her college expenses.



CAITLIN YAMADA/ IOWA STATE DAILY

Students protest outside the Student Innovation Center on Monday. They argued that the money invested into building the structure could have been used to help fund tuition instead.

Even though she is an out-of-state student, Gonzalez said that the expenses for her program would cost more at an in-state institution.

Gonzalez, who identifies as a person of color and a part of the LGBTQIA+ community, said she wants to see more people from her communities represented on campus.

“In aerospace [engineering] I don’t get my voice heard a lot, so being here they give me my voice and I’m glad about that,” Gonzalez said.

Recreation services aims to create space for e-sports enthusiasts

BY ADOLFO.ESPITIA
@iowastatedaily.com

Screaming and cheering ring through the athletes’ ears. Excited fans crowd around, standing with their adrenaline pumping. Coaches watch their athletes, reminding them of the long hours of practice.

It isn’t a football game, nor is it a basketball game, it’s a video game tournament, derived from a growing trend of e-sports.

E-sports have slowly gained popularity in the realm of competitive sports. With a \$500 million value, e-sports is a growing industry.

Keegan Ferreter, senior in management information systems and vice president of Game Renegades, said in the next four to five years, the gaming industry could triple in value. Major companies like Mastercard, Arby’s and Old Spice are a few of the many companies jumping on the bandwagon of e-sports sponsorships.

This could potentially lead to new opportunities for Iowa State’s recreation services and e-sports fanatics.

Jason Vlastaras, associate director of student

success, said he began noticing the trend after listening to podcasts and hearing how popular e-sports were. Vlastaras saw this as an opportunity to engage students who typically may not be involved with rec services.

“Providing opportunities for students to enhance their social wellness is a prime component of what we do, regardless if it’s lifting a barbell or playing video games with other people,” Vlastaras said.

By enlisting the help of Game Renegades, a video game club, Vlastaras wanted to hear feedback from students about potentially creating a space specifically for e-sports at Iowa State. An informal space for video games could potentially be used for sport clubs, intramurals or tournaments hosted by students.

Henry Larson, a junior in computer engineering and president of Game Renegades, started by gathering information through a preliminary survey to students involved in Game Renegades.

Larson collected information that could help Vlastaras with viability, general student interest and other general knowledge of the gaming community. By understanding the

viability, Vlastaras could better understand if it would be a good investment for rec services.

An informal space at rec services could benefit the Game Renegades club, as well as other students who casually enjoy playing video games.

A few of the issues faced by Game Renegades is the lack of space and hauling heavy equipment to meetings and LAN parties, game renegade’s staple events. With an average of 25 to 30 participants, LAN parties usually hit room capacity.

“A lot of the people that we’re catering to and a lot of our demographic don’t have cars to necessarily get a big PC system to the LAN space we use at Coover, even seeing 25 is solid for us because it hits room capacity,” Larson said.

An informal space could mean students could drop in, play a video game and check out, potentially used for a de-stressor. Vlastaras said over the years of research, students visit rec services primarily for stress relief and meeting new people.

“We would look at it like a different activity offering, just like how we have outdoor

trips and group fitness classes,” Vlastaras said. “We want to promote all dimensions of wellness, and I think there is a social wellness component of people playing games together.”

A dedicated space for gaming is not unusual. Tanner Hinders, a junior in journalism, said that Grand View University has a recruit program for League of Legends players, offering them scholarships. Hinders said there is a training facility specifically for the group, making training easier.

Having a similar space, could benefit Iowa State’s League of Legends team, who placed in the top 16 in last year’s AVGL (college e-sports) fall tournament.

Vlastaras said the idea is still in an abstract stage, investigating whether the idea will be implemented into a concrete plan.

Resources, space and longevity has yet to be determined, Vlastaras said he will continue to work with the Game Renegades club for more collected data.

Students interested in joining the Game Renegades club can join by accessing the student organization website.

FALL PHOTOS



ALEX CONNOR/ IOWA STATE DAILY

Students walk to and from their afternoon classes on Monday, Oct. 8 during a rainy day at Iowa State near Lake LaVerne. There was an anticipated break in the rain on Thursday.



CHRIS JORGENSEN/ IOWA STATE DAILY

The trees in front of the Memorial Union are slowly changing to shades of orange, yellow and red as fall is in full swing in Ames.

>> DEFENSE Pg1

Iowa State rarely practiced with a full team last year, often running 3-on-3 drills or breaking into position groups.

With just 12 players on the roster, Iowa State couldn't handle injuries last season.

Now, with four freshmen and two transfers eligible after sitting out a year, being able to practice 5-on-5 has been critical.

"This year having five and being able to go and have confidence — we've got 10 guys or more that actually compete for a spot — it's good," said senior guard Nick Weiler-Babb.

Defensively, Prohm has talked about the importance of being able to switch on ball screens.

The majority of Big 12 offenses are led by perimeter scorers, whether they're guards — like Kansas' Lagerald Vick — or forwards, like Kansas State's Dean Wade (who stands at 6-foot-10 but hit 44 percent of his 3-pointers last season).

To combat that, having tall, athletic wings can make or break a defense. Talen Horton-Tucker, Zion Griffin, Tyrese Haliburton and Shayok are all new additions to the team this season and all four are perimeter players at

6-foot-4 or above.

However, that means mixing and matching players who could be in a role they're not used to playing.

"We don't necessarily play true position basketball," Haliburton said. "When we play small it's really just four guards out and whoever gets the rebound plays the one, really. I don't really think too much about positions and things like that."

Playing "small ball" with four guards and just one forward — as opposed to a more traditional two-guard or three-guard lineup — could change lineups drastically for Iowa State. It would allow more minutes for some of the newcomers while also forcing other teams to adapt to what the Cyclones are doing.

Prohm said the freshmen will earn minutes by playing defense.

Having positional versatility could be the difference between fighting for a starting spot and spending 40 minutes on the bench.

"It's gonna be hard to guard us if we go small," Horton-Tucker said. "It's gonna be crazy. Four guards is very versatile offensively."

"I think we have some versatility defensively that we didn't have last year and I think we have an opportunity this year to get better each month."

-Daniyal Robinson, assistant coach